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Celebrity Buzz

Phoenix to quit films for music

pg 22

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Eagles in the City set to soar across B.C. communities

SCULPTURES A flock of seven-foot long eagle sculptures will soon be displayed at Vancouver's landmarks starting in 2009 as part of the B.C. Lions Society's Eagles in the City project.

The first three fibreglass sculptures, painted by leading B.C. artists, were unveiled at City Hall yesterday.

The Eagles are the third installment of the trilogy project representing water, land and air that brought the Orcas in 2004 and the Spirit Bears in 2006.

So far, 86 eagles have received sponsor commitments but Stephen Miller, president and CEO of the B.C. Lions Society hopes to reach 150.

Inspired by a jewel-covered sculpture he saw in New York City, Miller knew he had to bring a similar idea representing local artists to the West Coast.

"This is involving the corporate community in supporting the arts and charities," he said.

The pieces will be on display in communities across B.C. until April 2010 and then auctioned off to raise money for the B.C. Lions Society for Children with Disabilities.

MONICA MARTINEZ /FOR METRO VANCOUVER

On display

- "The Blue Sky" by Cleo Pawson at Vancouver City Hall: 12th & Cambie St.
- "Heavenly Energy — Night and Day" by Gloria Masse at Tourism Vancouver: Canada Place, 200 Burrard St.
- "The Great Escape" by Ken Ferris at Scotiabank Tower: 650 West Georgia St.

Women's Expo **Definite need for more closet space**

REBECCA BENOIT/METRO VANCOUVER

A model looks at one of the roughly six thousand shoes that will be part of The Bay's Million Dollar Shoe Sale during the fourth annual Women's Expo this weekend. Metro speaks with a shoe expert on what shoes best suit women's leg types. Story, page 4

NDP celebrate wins in Vancouver byelections

JEFF HODSON and KRISTEN THOMPSON

The province's ruling B.C. Liberal Party saw its majority narrow slightly as New Democrats captured two Vancouver seats in last night's byelection.

In Vancouver-Burrard, Park Board commissioner Spencer Herbert defeated former Canucks owner Arthur Griffiths, while in Vancouver-Fairview, banker Jenn McGinn bested former B.C. Medical Association president Margaret MacDiarmid.

The B.C. Liberals now hold 45 seats in the Legislature, 11 more than the NDP's 34. A full provincial election is seven months away, scheduled for May 12.

"We're turning another page on an arrogant out-of touch government," said NDP Leader Carole James, at a post-election celebration at a Robson Street hotel yesterday.

"Tonight Jenn and Spencer have shown (Premier) Gordon Campbell that it's wrong to be so out of touch with voters in British Columbia. We're on the road to victory in 2009."

The Elections B.C. website crashed sometime after 8 p.m., meaning that at press time the final count was not known.

However, numbers from NDP scrutineers gave Herbert the win in Vancouver-Fairview with 5,128 votes to Griffiths' 3,644. Green candidate Drina Read was third with 525 votes.

Vancouver-Fairview was vacated when Lorne Mayencourt, a Liberal MLA, decided to run as a Tory in the federal election.

Across False Creek in Vancouver-Fairview, scrutineers had McGinn at 4,488 votes and MacDiarmid 3,985 votes. Green party Leader Jane Sterk had 742 votes.

Gregor Robertson had held Vancouver-Fairview for the NDP before he resigned in July to run for mayor of Vancouver.

Turnout

- Voter turnout was poor: 20 per cent in Vancouver-Burrard, and 27 per cent in Vancouver-Fairview.

Man arrested, charged in fatal blast

EXPLOSION A 34-year-old man has been arrested in connection with a morning explosion last weekend in a Vancouver apartment building that took the life of a 26-year-old woman and has left another man in critical condition.

Jamie Michael Cliff was arrested on Tuesday at about 7:15 p.m. after officers were investigating an unrelated call about a man wanted on an outstanding warrant at an apartment at West 12th Avenue and Burrard Street.

The suspect was charged with one count each of second-degree murder and attempted murder.

MARIA COOTAUCO /METRO VANCOUVER

Canada pg 5

Guilty verdict in terror trial

Style pg 18

Dress like a superspy

Sports pg 10

Phillies on top of the World

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

"The Olympics will finally give me the opportunity to come home and skate in front of my family and friends. Yup, it's going to be a happy drive back."

Jeff Kitura.

Long track

Speed Skater.

Langley, B.C.

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UBC artist to make her mark on Olympic Villge plaza
University of B.C. fine arts grad Myfanwy MacLeod won a competition conducted by the City of Vancouver to create art for the main plaza within the Olympic Village in Southeast False Creek. The City is also selecting artists for a public arts commission at the entrance to Stanley Park. METRO VANCOUVER

Local

Trick-or-treat TV

The crew at Breakfast Television will be handing out candy and goodies as part of the live show between 7 and 8:30 a.m. tomorrow. Take part by rolling through the Citytv drive-thru on the parking lot of 180 West 2nd Ave. METRO VANCOUVER

NDP victorious in Vancouver

KRISTEN THOMPSON and JEFF HODSON

B.C.'s two newest MLAs were elated in celebration last night as B.C. New Democrats captured both seats in yesterday's byelection.

NDP Leader Carole James called Spencer Herbert and Jenn McGinn her two "new stars" as the pair joined her on stage at a post-election celebration.

"I'm feeling great because we're just warming up," said Spencer Herbert, who beat Liberal Arthur Griffiths in Vancouver-Burrard.

"In six short months we're going to send another message and many more NDPs to Victoria."

Spencer, 27, was elected in 2005 as a Vancouver COPE park board commissioner.

> **"In six short months, we're going to send another message and many more NDPs to Victoria."**
> Spencer Herbert

Spencer campaigned on renters rights, a hot topic in Vancouver's West End.

McGinn, 38, a banker with Van City, ran on tuition, child care and the care of seniors. She also wants businesses along Cambie Street compensated for revenues lost due to Canada Line construction.

RAFE ARNOTT / METRO VANCOUVER

Carole James, B.C. NDP Leader, and new NDP MLAs Jenn McGinn and Spencer Herbert celebrate their win in Vancouver last night. McGinn was nominated for Vancouver-Fairview and Spencer for Vancouver-Burrard.

News in brief

CRASH The RCMP officer arrested following a fatal collision Saturday in Delta involving a Jeep and a motorcycle has been identified as Benjamin Montgomery Robinson. Robinson was the supervisor on site when Polish immigrant Robert Dziekanski died at Vancouver airport after being Tasered. Orion Hutchinson, 21, was killed in the crash.Robinson is due to appear in court Jan. 15.

WILDLIFE Two Steller sea lions from the Vancouver Aquarium, Eden and Maria, arrived safely in Windsor Locks, Conn. yesterday. They join other Steller sea lions, northern fur seals and a harbour seal at the Mystic Aquarium & Institute for Exploration's Pribilof Islands exhibit.

METRO VANCOUVER

McMynn sentencing set for Dec. 17

KIDNAPPING A B.C. Supreme Court judge will sentence three men convicted in the 2006 kidnapping of Graham McMynn on Dec. 17.

Jose Hernandez and Anh The Nguen were found guilty of kidnapping and unlawful confinement earlier this month.

Sam Tuan Vu was convicted of unlawful confinement.

McMynn was a 24-year-old University of British Columbia when he was taken hostage at gunpoint in Vancouver on April 4, 2006.

Investigators found him in a Surrey home eight days later after an exhaustive investigation.

The trial, which began in February, stretched on for eight months and encompassed testimony from 100 witnesses.

MARIA COOTAUCO / FOR METRO VANCOUVER

metronews.ca
What's online today.

Check metronews.ca/canada later this morning for news on Harper's cabinet shuffle

Lotteries

Lotto 6/49	1, 3, 26, 33, 42 & 46 Bonus 45
BC 49	11, 18, 22, 34, 45 & 48 Bonus 15
Extra	3, 11, 53, 78

These results are not official.

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What women want
In addition to the Women's Expo, the Vancouver Trade and Exhibition Centre will also host Travel Show, Baby And Family Affair and the Vancouver Wedding Show on Saturday and Sunday. METRO NEWS SERVICES

Shoes galore at Women's Expo

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Four words to keep in mind this weekend: million-dollar shoe sale.

More than 6,000 name brand shoes from the Bay, worth more than a million dollars, will be for sale — and on sale — at the Vancouver Trade and Exhibition Centre this Saturday and Sunday.

The event is part of the fourth annual Women's Expo, which will also include stages and seminars on food and wine, health and wellness, careers, finances, home and family life, and fashion.

RAFE ARNOTT / METRO VANCOUVER

Heels will be priced at $59.99, ankle boots $69.99 and tall boots $79.99.

Kiran Khaira, special events associate for the Bay, said trends to watch out for this season include Oxford ankle boots, stacked heel shoes, tall and bucket-style boots, and peep-toe, T-strap and sling-back stilettos.

"The (trend is) '20s and '80s styles, but featuring modern fabrics, colours and technology, which increases comfort level."

Khaira said strappy heels in bold colours and satin fabrics are the rage this season.

"Shoes are going to be the statement piece to any outfit (over the holidays). If you're wearing a black cocktail dress, wear a shoe that pops with colour," Khaira said.

She added that women who once envied the Carrie Bradshaws of the world for being able to prance about all day in heels no longer need to shy away from stilettos and pointy toes.

"(Heels are being) made with modern shoe technology that creates a flexible, comfortable sole. No matter how high the heel is, you can dance the night away."

If you're afraid of height, try a two- or three-inch heel, said Khaira. "It's got the comfort of a kitten heel in a more comfortable shoe."

To test for flexibility, hold the shoe at the heel and the toe and flex the sole. If the front of the sole is flexible, it's going to be comfortable, and if the heel is sturdy, it makes for longer wear.

Make sure the heel is centred, which gives you better balance.

"Stay away from plastics and synthetics," added Khaira. "Natural materials allow your foot to breathe and won't cause blistering, so you can wear your shoes all day."

If you go

- The Women's Expo takes place Saturday from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 5 p.m.
- Tickets are $10.

RAFE ARNOTT / METRO VANCOUVER

Models wear some of the shoes that'll be on sale at this weekend's fourth annual Women's Expo at the Vancouver Trade and Exhibition Centre.

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Finding your sole-mate

Tips on choosing the most flattering shoe for you

RAFE ARNOTT / METRO VANCOUVER

1 Tall women with slender legs look great in three-inch heels, like Oxford ankle boots and T-strap stilettos with peep toes, which creates a '20s look with glamour and edge.

2 Women with shorter and stouter legs should wear heels with long, pointy toes. High heels make for tight calves, and long toes give the illusion of a long, slender leg.

3 Women with "cankles" should avoid heavy shoes with straps around the ankle, which accentuates the ankle, cuts the foot off from the leg and shrinks the leg. Instead, wear shoes that are open, which makes the leg and ankle look longer. Sling-backs will also look great.

4 Women with wide or thick feet should go for wider shoes so their feet aren't squished. The longer the point, the more room for your toes.

5 Women with narrow and long feet look good in a round toe, which makes your foot look smaller, softer and more feminine.

Ottawa survives year's first winter storm
About 10 centimetres of snow fell on Ottawa Tuesday night and yesterday, but was not met by the kind of traffic and clean-up chaos that sometimes accompanies the year's first big snowfall in the city. By 9:30 a.m. yesterday, Ottawa Police had reported 37 collisions related to the road conditions. METRO CANADA

Canada

Snakebitten man charged

A Winnipeg man who survived the deadly bite of a venomous snake last week won't escape the law, police say. The 31-year-old man, who was the owner of the Gaboon viper, left, that sunk its fangs into his face on Oct. 19, faces a charge of violating the city's exotic pet bylaw, police Const. Jacqueline Chaput said yesterday. CBC NEWS ONLINE

Ottawa man guilty on five counts related to terrorism

TRACEY TONG
Metro Canada

An Ottawa software developer who was the first person charged under Canada's post-9/11 anti-terrorism legislation was found guilty yesterday on five of seven terrorism-related counts against him.

Justice Douglas Rutherford convicted Momin Khawaja, 29, on five charges that he "knowingly participated in or contributed to activity of a terrorist group," but found him not guilty of two terrorism charges related to a foiled London bomb plot.

Momin Khawaja

Rutherford said Khawaja was not guilty of terrorism offences related to a remote-controlled detonating device he built in the basement of his home because it wasn't proven that he knew it would be used for a bomb attack in London, U.K. Khawaja was instead found guilty of two related Criminal Code explosives offences.

Khawaja's defence lawyer Lawrence Greenspon called it a "victory" afterwards.

"He's been acquitted of any role in the London bombing," Greenspon said, adding that the convictions "pale in comparison to the charges he was facing in relation to the London bombing."

Sentencing is Nov. 18. Khawaja could face life in prison.

Watch a report on the results of Khawaja's trial at metronews.ca/canada

Federal cabinet to be unveiled today

With stock markets on a roller-coaster ride and financial fears mounting, today's cabinet picks are meant to signal that the economy "will dominate the life of this government and this Parliament."

"It will be strongly focussed on the economy and it will be getting right to work in terms of implementing our overall agenda but especially with relation to the economic challenges facing our country," a government official told reporters yesterday.

"Expect to see very strong experienced ministers in files with a direct relationship to the economy," he said.

Expected cabinet moves

According to Parliament Hill sources

- Jason Kenney, the Calgary MP who has successfully co-ordinated the Tory outreach to ethnic communities, will get the immigration portfolio.
- Transport Minister Lawrence Cannon will move to foreign affairs.
- Diane Ablonczy to Health, a big promotion for the Alberta MP.
- Health Minister Tony Clement to international trade.
- Peter MacKay staying put as defence minister
- Jay Hill, currently the government whip, takes over as house leader.

That's why both Flaherty and Industry Minister Jim Prentice will keep their portfolios to send a signal of stability and confidence to Canadians and the markets.

Harper's new cabinet will be unveiled at 10.30 a.m. today when the ministers old and new are sworn in during a ceremony at Rideau Hall.

TORSTAR NEWS SERVICE

Check metronews.ca/canada after the official announcement this morning for all the details on the new cabinet.

Church, native groups seek to restart truth commission

INQUIRY Indian, Inuit and church lawyers yesterday presented a joint proposal to Ottawa to restart the stalled commission on abuses at residential schools, according to one of the participants.

John Phillips, lawyer for the Assembly of First Nations, said parties will meet again next week to resolve the future of the troubled Indian Residential Schools Truth and Reconciliation Commission.

> **"For the national chief (Phil Fontaine), the most important issue is the survivors and their stories"**
> John Phillips

At stake is the work of the commission, set up as part of a $1.9 billion class-action settlement addressing the mental and physical abuse of hundreds of thousands of aboriginal children that occurred for more than a century at church-run institutions in Canada.

The commission was thrown into disarray last week when chair Harry LaForme resigned.

"For the national chief (Phil Fontaine), the most important issue is the survivors and their stories," said Phillips. The commission mandate "must be settled — and soon."

Phillips said Fontaine is "optimistic" a solution can be found.

An estimated 80,000 people are survivors of the residential school system.

Federal justice department lawyer Paul Vickery also described "productive discussions" at yesterday's meeting in Toronto, organized by the supervising judge of the settlement agreement.

TORSTAR NEWS SERVICE

Ski hills brace for economy's effects

RESORTS Canada's ski industry is bracing for one of its toughest seasons as the world economy melts down before the snow flies, giving skiers pause before dropping major coin on a winter vacation.

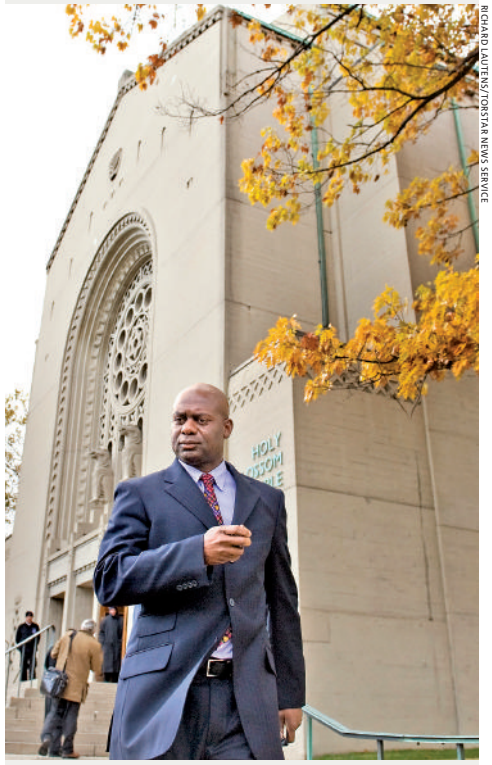
The part of the business expected be hit hardest is the overseas skier and snowboarder market, as skittish European and Asian consumers face falling net worth and the recent shutdown of some charter airlines, officials said.

"This will likely be one of the most challenging seasons in decades because of the overall economic conditions," said Andy Wirth, chief marketing officer at Intrawest ULC, which runs such big resorts as Whistler Blackcomb in British Columbia, Blue Mountain in Ontario and Mont Tremblant in Quebec.

Wirth pointed to this week's U.S. data showing October consumer confidence dropping to its lowest level on record.

"In Canada we have the same kind of challenge in terms of consumer confidence." REUTERS

Funeral **Judge laid to rest**



RICHARD LAUTENS/TORSTAR NEWS SERVICE

Disgraced sprinter Ben Johnson is seen leaving a Toronto synagogue following a funeral service yesterday for Charles Dubin, who was the judge in charge of the inquiry into drugs and sports after Johnson's doping ban.

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News in brief

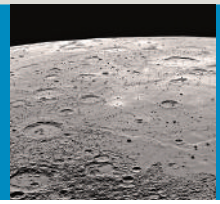
EDMONTON A man died after he was Tasered twice by Edmonton police after a rampage at a pawnshop. Police say the man, believed to be in his 30s, was smashing windows and threatening people when cops arrived. Police took the man to hospital, where he died.

QUEBEC The province's opposition parties are joining forces in an effort to avoid a possible provincial election in December, CBC News Online reports. The parties presented and passed a non-binding motion yesterday calling on Premier Jean Charest not to call an election.

PENSIONS Canada is reviewing options to adjust pension funding obligations, after falling stock and bond prices have driven down asset values in corporate pension plans and prompted some plan sponsors to seek relief from funding rules. METRO NEWS SERVICES

Sarkozy voodoo doll ban rejected
A French court yesterday rejected President Nicolas Sarkozy's demand for a ban on a Sarkozy doll and voodoo manual that encourages readers to stick pins in it. REUTERS

World



Mercury may have had volcanoes

While it seems like a geologically dead planet today, early in its history tiny Mercury, left, may have been a cauldron of volcanic activity, NASA scientists said yesterday. Data from the U.S. space agency's car-sized MESSENGER probe's latest close encounter with the planet nearest the sun on Oct. 6 is helping to settle a debate dating back to the 1970s over the role volcanoes played in Mercury's history. REUTERS

Obama infomercial an expensive gambit

Barack Obama, in an audacious bid to swamp rival John McCain in the final days of the U.S. presidential election, spoke directly to voters last night in a slick 30-minute infomercial aired in prime time on seven networks.

The Democratic candidate spent about $4 million US for the broadcast, the first such gambit by a presidential hopeful in 16 years.

He mixed biography with personal stories from hard-pressed American voters — most from battleground states — and testimonials from governors, senate colleagues and a military official.

Policy proposals were pitched from an office that looked like it could have been the Oval Office, a risky move for a candidate once accused of usurping the presidential seal as a campaign emblem.

As the video ended, viewers were transported to a live speech Obama was delivering in Kissimmee, Fla.

REUTERS/HANDOUT

Barack Obama appeared in a 30-minute infomercial-style address on U.S. TV yesterday.

For all the polished production values, last night's broadcast renewed talk of Obama Overload and played to McCain's charges that the Illinois senator was already "measuring the drapes" in the Oval Office and had a penchant for presumptuous, flamboyant gestures that will alienate American voters.

Republicans also spent the day reminding voters Obama could spend such money because he had broken a pledge to join McCain and accept public financing during the general election period.

It was hardly a typically safe move by a candidate perceived to be the frontrunner in the Nov. 4 election and it was part of a final offensive that included an appearance on Jon Stewart's Daily Show and Obama's first joint appearance last night with former president Bill Clinton.

The ad ran on Fox, CBS, NBC, and cable network MSNBC, as well as Black Entertainment Television,the Spanish-language channel Univision, and TV One, a network targeting African-Americans.

Independent candidate Ross Perot, in 1992, was the last presidential candidate to buy network airtime for an unfiltered message to voters.

TORSTAR NEWS SERVICE

Germany **Chess champion defends title**

WOLFGANG RATTAY/REUTERS

Chess World Champion Viswanathan Anand of India, right, is seen through his winner's trophy during a news conference at the Chess World Championships in Bonn, Germany yesterday. Anand retained his title with 6.5-4.5 points over his challenger Vladimir Kramnik of Russia, left.

Security, economy targeted by McCain

ELECTION Republican John McCain questioned Democratic rival Barack Obama's readiness for the White House and Obama issued a prime-time television appeal yesterday calling the election "a defining moment" as a bruising presidential campaign hit the final stretch.

McCain kicked off a tour of the must-win state of Florida by warning Obama would be bad news for small businesses and workers, and by casting doubt on the Illinois senator's judgment and ability to handle a security crisis.

"The question is whether this is a man who has what it takes to protect America from Osama bin Laden, al Qaeda, and other grave threats in the world," McCain said after meeting with national security advisers in Tampa six days before Tuesday's election.

"The question is whether this is a man who has what it takes to protect America from Osama bin Laden, al Qaeda."
John McCain

"And he has given you no reason to answer in the affirmative," he said.

Earlier, McCain renewed his charge that Obama's plans to raise taxes on those making more than $250,000 would hurt small businesses and accused Obama of wanting to redistribute the nation's wealth as "Redistributor in Chief."

REUTERS

News in brief

TALKS Taliban leader Mullah Omar should not be involved in Afghan reconciliation efforts despite a renewed interest in talks with members of the Islamist movement, the Pentagon said yesterday.

DEAL Iraq wants to amend a draft security pact with the United States to ban U.S. forces from striking neighboring countries from Iraqi territory, a government spokesman said yesterday.

CUBA UN member states voted in record numbers yesterday to urge the United States to lift its 46-year-old economic embargo against Cuba, in a non-binding measure adopted for the 17th straight year.

REUTERS

175 dead in Pakistan earthquake

DISASTER About 175 people were killed when a powerful earthquake hit the southwestern Pakistani province of Baluchistan yesterday, flattening about 1,500 mud-walled homes and triggering landslides, officials said.

The epicentre of yesterday's quake was in Ziarat district, a scenic valley and one of the main spots for tourism in Baluchistan.

Chief district administrator Dilawar Khan said 170 people had been killed in that district and 350 injured.

The U.S. Geological Survey said the 6.4 magnitude quake struck 60 km northeast of the provincial capital, Quetta.

2 Catholic priests killed in Moscow

CRIME Two Roman Catholic priests were murdered in the apartment where they lived in an upmarket district of Moscow, investigators said yesterday.

Victor Betancourt, a Jesuit priest from Ecuador, was killed in the apartment on Saturday and Otto Messmer, a Russian who led the country's Jesuits, was killed there two days later after returning from a foreign trip, their order said in Rome.

REUTERS

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Comment & Views

Comment

Assumptions put to test

Ex-U.S. envoy warns Obama win would be danger to Canada

Home&Abroad

Andrew Cohen

Canada & world insight

Paul Cellucci, the former United States ambassador to Canada, warns that a victory by Barack Obama next week would be a "danger" for Canada because he might renegotiate the North American Free Trade Agreement.

Cellucci worries that, should Obama win the presidency and the Democrats strengthen their hold on both houses of Congress, there would be "one-party government" in Washington. With that would come pressure from unionists and environmentalists to re-open the agreement.

Of course, it's nowhere certain Obama would question free trade at all. And it's curious that one-party government didn't bother Cellucci, an amiable Republican, when his party was in control of both the executive and legislative branches in 2004.

But he's right to argue that Obama as president represents a danger to Canadians — even if it is more psychological than economic.

"Fundamentally, Obama threatens our self-image. His election will challenge the smugness and moral superiority with which we have long viewed the United States."

Fundamentally, Obama threatens our self-image. His election will challenge the smugness and moral superiority with which we have long viewed the United States.

It will dispel home truths and force us to look at ourselves in a different light, undermining our deep-seated notion that we are the kinder, gentler people of North America — more tolerant, more progressive, more civic-minded.

Tolerant? In Fire and Ice, his bestselling study of attitudes on both sides of the border, pollster Michael Adams argues that Canadians are more sensitive to minorities than Americans because we are "a mosaic" and they are "a melting pot," demanding conformity from all newcomers.

This isn't true of the United States. It is a delusion that will evaporate if Americans elect their first black president.

Progressive? Barack Obama will come to office as the most liberal chief executive since Lyndon Johnson. Obama wants to introduce universal health care. If that happens — and the country's crushing debt may prevent it — Canadians will lose one of the differences between people they love to trumpet. Moreover, we will no longer corner the market on compassion.

Democratic? It won't be pretty to watch the antiquated American electoral machinery on election day. But if it breaks down, the likely reason is that a higher percentage of Americans will be voting this year than in any election since 1960.

Expect more than 59 per cent of Americans to cast ballots on Nov. 4, the record low number who voted here. This will put the lie to our boast that we are more engaged in politics than they.

Cellucci was right about Barack Obama. He is a threat to many of the self-satisfying assumptions that we have long had about ourselves and about our neighbours.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.

Views

Stepping into a new and uncertain life

By Denise Rudnicki

I was 20 years old the last time I went by land across Canada. I remember how exciting it was to feel so free, yet also how very ordinary what I was doing seemed to me.

My young life was ahead and it was supposed to be about adventure and anticipation. There was no fear; no worry about the future. I was hungry for change and new experiences. I wanted to take my place — centre stage.

Rekindled love with the boy I knew 35 years ago is propelling me west again — only this time it's like stepping off a cliff. This time fear is the leading actor in my play. I sold my house and everything in it. I'm leaving family, friends and community, driving to B.C. to live on a boat, and all without the security of a job. I'm so far out of my comfort zone that I barely recognize who or where I am.

For months before the move, I woke every night, awash in waves of cold anxiety. No one I knew was doing anything like this. They were paying off their mortgages, working in pensionable jobs, saving, looking forward to retirement and travel and grandchildren. I was stepping into the abyss, and with bad knees to boot. I was afraid I was making a mistake. I was afraid it wouldn't work out. I was afraid I would hate living on a boat. I was afraid I wouldn't find work. I was afraid I couldn't invent a new life at my age.

But love is a powerful motivator and I know it won't get any easier to do this. There isn't going to be a better time. I want a different sort of life and I know this means I have to take risks. Will I be willing to take these risks if I wait until I'm 60? 65? Surely, making this kind of seismic change will only get more difficult.

Denise Rudnicki

I feel a potent mixture of excitement and fear. Fear is a funny thing. It can ring very helpful alarm bells in your gut that can save your life, but it can also paralyze you and stop you from trying new things. My sister gave me some good advice — "Feel the fear and do it anyway."

Feeling this afraid and doing it anyway is the greatest test I've ever been set.

The last time I drove across Canada, my life was all ahead of me. Not as much of it lies ahead this time. But it's a much greater adventure as a result:

He took the mooring line and pulled the boat closer to the dock. Clutching a pint of oysters, a bottle of champagne and two hot water bottles, I stepped onto the boat and into a new and uncertain life. Afraid, but doing it anyway.

Denise Rudnicki has more than two decades experience as a journalist and communications executive.

MICHAEL DE ADDER

Letters

Mya Warren, VIA E-MAIL

I am writing because I found the article comparing HIV to the flu utterly ridiculous and offensive. (Oct. 28)

The author rightfully points out that HIV kills only 300 Canadians annually, and the flu kills 6,000. However, if only five per cent of Canadians get the flu a year (an underestimate I think) that means the mortality rate of the flu is less than one per cent. Compare that to HIV, which, although we have come a long way to prolonging life for people with the disease, is as far as we know 100 per cent fatal.

There is a lot of fear mongering about the flu these days, but I think I can say with confidence that the flu is NOT a serious disease for normally healthy people.

Also, saying that women who are deliberately infected with HIV are not murdered because they should have required evidence of their partner's HIV status is like saying that a woman walking on the streets alone at night is asking to be raped. Imprudent? Perhaps. Is a crime still committed? Absolutely.

Terry McKinney, VANCOUVER

Why are the Mounties withholding files from the Braidwood inquiry and claiming they're blameless? It's time they stopped stalling and handed over all pertinent data so this travesty can be put to rest. Our country's reputation is taking a beating because of police misconduct.

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Yahoo and AOL talking merger, sources say

Over the past couple weeks, Yahoo Inc. and Time Warner Inc.'s AOL unit have been engaged in "meaningful" due diligence and have looked at each other's books, a source familiar with the talks said, indicating a merger may finally be on the way. REUTERS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Pepsi to acquire seed maker Spitz

FOOD PepsiCo Inc. yesterday said it agreed to buy Canadian seeds maker Spitz International Co., to boost its presence in the market for healthy snacks.

Pepsi, which already makes True North nut snacks and baked Lay's potato chips as part of its push into the healthy snack category, said Spitz would be part of its Frito-Lay North America business unit.

Terms of the acquisition were not disclosed.

Spitz, established in 1982, sells sunflower seeds in six flavors, including dill pickle and chili lime, as well as flavored pumpkin seeds. The company will continue its Canadian operations in Bow Island and Medicine Hat, Alta. REUTERS

Chrysler, GM clear major deal issues, sources say

General Motors Corp. and Cerberus Capital Management have resolved the major issues in a proposed GM-Chrysler merger, but the final form of any deal would depend on the financing and government support available, sources familiar with the talks said yesterday.

Both sides have agreed that GM chief executive Rick Wagoner would lead the combined automaker, the sources said.

A merged GM-Chrysler would be the largest automaker by global sales, but analysts have cautioned it would struggle to turn around the overlapping Detroit-based operations of two companies that have seen mounting losses tied to a global downturn in sales.

GM shares jumped by as much as 11 per cent, its bonds rose, and the cost to insure the automaker's debt against default fell.

The sources did not specify yesterday what the major issues were. Talks between GM and Cerberus have covered a range of questions, including the stake the private equity firm will retain in the merged automaker, ownership of affiliated finance company, GMAC, and which of Chrysler's assets GM would maintain, other sources said.

GM has been in talks with Cerberus about buying Chrysler since last month. REUTERS

GMAC's key role in the talks

One key element of the GM-Cerberus talks has involved GMAC, the finance company in which Cerberus owns a controlling 51 per cent stake, sources said. Cerberus is keen to increase its holding in GMAC at a time when the financial firms stand to benefit from new government steps aimed at the tight credit markets, sources said. GMAC, which has some $20 billion in outstanding debt, said Tuesday that it had been approved to borrow through the U.S. Federal Reserve's recently created commercial paper facility.

Maple Leaf sales sliced

FOOD Canada's largest food processor says sales of sliced meats fell by as much as 50 per cent in the immediate aftermath of a nationwide product recall linked to the deadly listeria bacterium.

Maple Leaf Foods Inc. said the cost of the recall pushed the company into a financial loss for the quarter ended Sept. 30.

Maple Leaf yesterday reported its fourth-consecutive quarterly loss of $12.9 million — that compared with a year-earlier profit of $220.4 million.

Sales edged up to $1.34 billion, from $1.30 billion a year ago.

Maple Leaf chief executive Michael McCain said that the recall produced "very, very short-lived" immediate sales contractions "in the 30 to 50 per cent range."

McCain said it wouldn't be unprecedented to expect a full brand recovery within six to 12 months. TORSTAR NEWS SERVICE

Business in brief

AIRLINES Deutsche Lufthansa announced Michael Bishop, founder of Britain's bmi airline, could exercise his option to sell Lufthansa his 50 per cent plus one share stake in the airline. That would give the carrier an 80 per cent hold on bmi.

LAWSUIT Four female former top executives of Dell have sued their ex-employer for $500 million US in damages, alleging gender discrimination. They say Dell unfairly laid them off. Dell says the suit is "without merit." REUTERS

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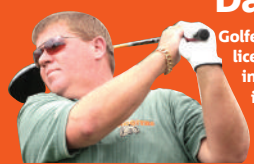
Trading deadline officially moved back

NHL general managers will have one extra day to make trades this season. The league officially announced yesterday that it had pushed the trade deadline back to March 4. It had originally been scheduled for March 3, but a high volume of games forced the switch. METRO NEWS SERVICES

Sports



Daly taken into custody

Golfer John Daly was taken into custody Sunday morning by North Carolina police after he was found drunk outside an area Hooters restaurant. Police said in a statement yesterday that said officers went to the restaurant on a medical call. When they arrived, Daly "appeared extremely intoxicated and uncooperative," refused repeatedly to be taken to the hospital and was asked to leave the restaurant by several workers. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Tonight – Canucks at Kings

VS

SCOTT RINTOUL
scott.rintoul@metronews.ca

The Kings had a league-low 71 points last season, but nearly a tenth of those were earned against the Canucks. LA's only loss to Vancouver was an overtime affair in mid-March, after outscoring the Canucks 12-7 in three prior wins. Vancouver heads into LA having lost four of five games, and three straight on the road. The Kings have been more competitive than expected in the early going, with four losses coming by just a single goal.

FIRST OR WORST: The Canucks have won four of five games in which they have scored the first goal, but have lost all four in which they have allowed the opening tally.

World Series Phillies finish it

MIKE SEGAR/REUTERS

It took two extra nights, but the Phillies finally won Game 5 of the World Series 4-3 yesterday. After a two-day delay because of inclement weather, Pedro Feliz's run scoring single proved the difference for the team's first title since 1980.

NHL needs to use head

ToulBox

Scott Rintoul

scott.rintoul@metronews.ca

Five days after Doug Weight sent Brandon Sutter to Concussionville, hockey fans are still arguing the merits of stiffer penalties for headshots at the NHL level. While nearly everyone empathizes with Sutter and others who've suffered head injuries on the ice, there is still a vocal faction that believes changing the parameters with regards to head checking would compromise the physical nature of the sport.

This group also recites the adage "it's his own fault, he should've had his head up" with regularity and sees Weight's hit as some sort of rite of passage for Sutter.

Wake up.

Given the increases in size, speed and quality of equipment, players today collide with far more force than their skating forefathers. As a result, head injuries are becoming an epidemic in the NHL; an average of 64 players (nearly 10% of the NHL) suffered concussions each year from 2000-2007, and experts testify that concussions are vastly underreported in pro hockey. The OHL has implemented a penalty for head-checking this season and is reporting no decrease in hitting.

The NFL forbids helmet-to-helmet contact on players in defenceless positions, yet quarterback sacks and big hits across the middle occur with regularity.

No one is suggesting that harsher rules for head shots — intentional or not — will eliminate concussions; hockey is a rough sport and injuries will inevitably occur.

However, implementing stricter guidelines and punishments for those who take advantage of colleagues in vulnerable positions is a step worth taking in order to prevent some of the serious injuries that are occurring all too frequently.

The players are the product, and if the safety of the product is continually compromised, the sport suffers.

Want to weigh in? Send me an e-mail at scott.rintoul@metronews.ca

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

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Ballesteros recuperating
Seve Ballesteros is improving after last week's surgery on his cancerous brain tumour. The La Paz hospital said yesterday that the 51-year-old golfing great remains in intensive care but his condition was "evolving favourably." METRO NEWS SERVICES

Costume ideas for the Canucks

TheHockeyNews
Sam McCaig

thehockeynews.com

A lot of Canuck players have dressed up as a moose before, but have any of them ever been a cowboy? Or a ghost or a witch or a vampire? Probably not; at least not recently. But with Halloween around the corner, here are some costume ideas for the team:

GOALTENDERS

Roberto Luongo — The Godfather, a brick wall or Gino Vanelli in the 1970s. Or Captain Canuck, of course.

Curtis Sanford — The Invisible Man. As in, you're never going to see him.

DEFENCEMEN

Mattias Ohlund — Hmm, what can a 30-something Swedish defenseman go as? How about Borje Salming?

Willie Mitchell — A junkyard dog. Or a princess … but probably a junkyard dog.

Sami Salo — The big shooter who likes to blast away from afar would look best as a grassy knoll.

Kevin Bieksa — Can't say his surname (BEEK-sa) without thinking about, well, birds, so how about a pterodactyl? Or maybe something more current like a hawk (but not a black one). And not a duck or a penguin … and definitely not a chicken.

Alex Edler — How about a wise old figure from the Middle Ages: Alex The Elder.

Shane O'Brien — Jack-O-Lantern.

FORWARDS

Daniel and Henrik Sedin — The same thing they go as every Halloween: Swedish twins. What else?

Pavol Demitra — If he could somehow go as a healthy hockey player, the Canucks would be overjoyed.

Ryan Kesler — He probably can't squeeze into that Mark Messier costume, but maybe the Keith Primeau one will fit. Someday.

Alex Burrows — A platypus or a miner … whatever burrows better.

Steve Bernier — A hobo. Hey, someone has to be the hobo at Halloween, and it should be the guy who has gone from San Jose to Buffalo to Vancouver (and almost St. Louis) since last February.

Mason Raymond — He seems to have a James Bond look, so how about No. 21 as 007?

Taylor Pyatt — The third Sedin twin, Danrik.

Kyle Wellwood — A puppy dog. He's got great paws, but still needs to be housebroken.

Jannik Hansen – The fourth Sedin twin, Jannrik.

Darcy Hordichuk — The Little Engine That Could (Punch).

Rick Rypien — The fifth Sedin twin, Rickrik.

Ryan Johnson — Change his first name to Howard and go as a hotel. OK … a motel.

The Hockey News thn.com

Olympic tickets selling fast

OLYMPICS Despite economic uncertainty, private ticket packages to the 2010 Olympics are selling out. CoSport, the official hospitality provider for the Vancouver Olympics, says all of the packages that included gold-medal hockey tickets are gone. CoSport says packages that include tickets to the opening ceremony are also going quickly.

Sinclair gets FIFA nomination again

Sinclair

SOCCER Canadian Christine Sinclair is one of the 10 women's finalists for FIFA's World Player of the Year award. Sinclair, a 25-year-old from Burnaby, B.C., has scored 95 goals in 125 senior appearances for Canada. She was also nominated for the FIFA award the last two years.

Maradona to coach Argentina

SOCCER Diego Maradona will become Argentina's soccer coach next week, leaving the team in the hands of a national icon whose achievements on the field have been undercut by a long history of erratic behaviour and drug abuse. The Argentine Football Association said on its website the appointment will be made Tuesday. Maradona is to replace Alfio Basile, who resigned following poor performances in qualifying for the 2010 World Cup.

Maradona led Argentina to a World Cup title in 1986 and to the championship game in 1990. METRO NEWS SERVICES

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Metro Homes

Kitchen style

Ikea's 2009 Kitchens catalogue is out, and we're keen on some of the new products (i.e. sink organizers) and finishes (i.e. Rubrik glass doors in blue-grey); ikea.ca/kitchens. METRO NEWS SERVICES

Pricing part of a perfect house

If it seems like your home should already be sold, a price reduction may be in order

HouseLeague

Ryan DeLuca
ryan.deluca@metronews.ca

So you listed your property a few months ago and not only is it still sitting on the market, as of late there have been almost no calls to view at all. Your home is staged properly; the front of the building shows like it belongs in a magazine. What else could be wrong? Pricing.

In a slowing market, pricing can be the determining factor between a listing cancellation, a long drawn out sale, and a quick sale. It is in determining fair market value that a lot of sellers are having problems. Over the past few years in the hot Vancouver market, realtors would look at comparable properties in the neighbourhood and price slightly above the last sale in the area. More often than not, this was also well above the city assessment value of the property. As the market softened and prices began to slip, realtors have had to price properties below similar comparable sales in order to sell them. It is at the point now where market value has even fallen below last year's assessments. It is a tough time for sellers, but a great time for buyers.

> **"If you want to sell your home, then price to sell, if not, take it off the market and save you and your realtor time and money."**

Sellers obviously want to get the highest price for their property. After all, most people think their home is much more appealing than almost every comparable home in the area. The problem is buyers do not see things this way. They know that as the economy continues to soften housing prices will continue to slip and that they can get more for their money.

This is why it is imperative for all sellers to get a proper market analysis from their realtors. A market analysis will show you what comparable homes are on the market in your area. It will also show you how long those properties have been sitting on the market, and which ones were removed due to lack of interest. The next step is to keep on top of your pricing. As the market shifts, you must be willing to adjust your list price accordingly. No seller likes to hear the word "price reduction," but in a buyer's market flooded with inventory, often that will be something you have to consider if you are not able to sell within the first couple of weeks.

Trust your realtor's advice and keep your property priced right. Every month your home sits on the market, those carrying costs such as mortgage payments and utility bills will eat away at any profit you have. If you want to sell your home, then price to sell, if not, take it off the market and save you and your realtor time and money.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada in Vancouver, and host of The Real Estate Minute on Novus TV.

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Think smaller in tough times

Spiralling economy means you have to take stock of life's necessities

UrbanDweller

Carlyn Yandle
carlyn.yandle@metronews.ca

"The state of the economy should have no bearing on the basic joys of life, but it will — and already is — putting some serious parameters around it."

Like many — who am I kidding? — everyone, I'm reacting to the looming global recession by taking stock of life's necessities. The rarely used gym membership? Terminated. The big plans for the ah-spa bathroom renovation? Shelved. The frequent lattés? Replaced by a thermos.

I know — if we all stopped spending, the economy would suffer, but maybe it's time to rethink that whole indicator of societal health. Anyway, there's little danger that I will suddenly stop consuming. Girl needs her arts and crafts just like the boy around here needs his books.

The state of the economy should have no bearing on the basic joys of life, but it will — and already is — putting some serious parameters around it. For the typical urban dweller, that translates into making a life in a smaller space than we had envisioned.

Not that I'm complaining; I've never viewed apartment-living as a negative. I like sharing the costs of building repairs among owners, and not doing any of it myself. I feel safe knowing that there are people living all around me. 'Detached' is a lonely word that I would never want attached to my home.

The downside, of course, is finding room to live in just a few rooms. Even after 25 years of condo living, I struggle with finding solutions for all the stuff we all need at hand every day, from footwear to haircare products.

Living and working in big-city Japan in my 20s helped solidify a basic principle in small-space living: Spaces must be flexible. When you get in the habit of rolling up your bedding into a closet to make way for breakfast, the idea of changing spaces according to use doesn't seem so weird back home.

I'm also a big fan of storing stuff out in the open, in often surprising ways. Two stacks of vintage suitcases full of out-of-season clothing and footwear can serve as bedside tables. A bank of Ikea wood magazine files tucked into one bookcase shelf, back side out, can hold the household papers and bills. Special-occasion serving platters can be mounted on the wall behind the dining table using plate hangers. Squat vases can be put to work as storage for tealights, matches, coins or bouquets of pens and pencils, turning stored items into compelling décor accessories. Featuring a series of containers, such as various wood boxes or unusual baskets, increases visual impact and textural interest.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks, homereworks.com.

CARLYN YANDLE PHOTO

A collection of mid-century travel makeup cases in this living room stores everything from tools to art supplies to computer accessories.

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Making a stylish splash at home

Padded and upholstered Wallhuggers are ideal for adding richness, interest

HomeScape

On the web

- Beland does not have a retail location, since she sells mostly online. On her website (www.wallhuggers.ca), she has a selection of five different panel sizes and over 100 fabrics, and you can also choose your own fabric.
- Prices range from $75 to $250 per panel.

Every once in a while, you see a stylish and unique home decor product that really grabs your attention. For me, this product is what originator Connie Beland calls a wallhugger — an upholstered and padded panel with a hard back that attaches to the wall.

These panels can be mounted beside each other to create a rectangular headboard, or they can be mounted to fill part of a wall or a full wall. These plush panels look absolutely smashing in a bedroom as a headboard, a larger board or even as a wall covering that serves as an elegant focal point. This is how they are most often used by her customers, says Beland.

Beland first came up with the idea of using wooden-backed upholstered panels as headboards when she was helping her daughter decorate her new condo. The headboad, needless to say, became a big hit. In fact, her daughter's friends started clamouring for their own, and their reaction gave Beland the confidence to launch her own company called Wallhuggers (www.wallhuggers.ca).

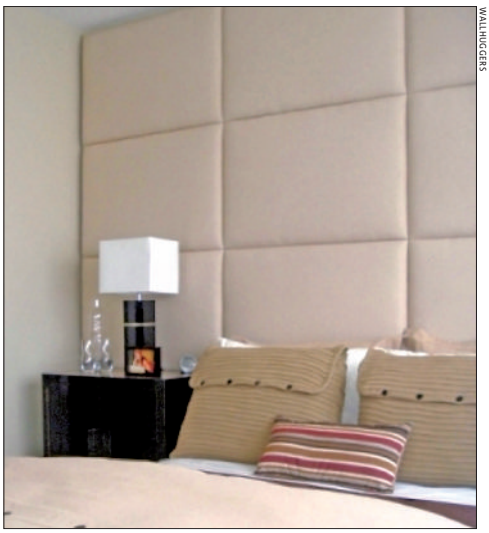
Ultimately, wallhugger panels can be used in almost any room to add stylish interest to a wall. However, in areas where a lot of cleaning is required, like a bathroom or the backsplash area of the kitchen, choose a fabric that can be easily cleaned.

Usually, they are put up in a series of identical panels — three or four in a row to look like a headboard, or a series of two or three stacked rows, or even enough to fill a wall from floor to ceiling.

People don't often mix panel sizes or fabrics, says Beland, but a more adventurous design is possible, especially if the wallhugger panels cover the whole wall in, say, a checkerboard design, or vertical or horizontal stripes.

As for fabrics, the faux leathers and suedes remain as popular as ever and continue to look especially sharp in ultra-modern settings. But textural fabrics are getting big, says Beland. Linens are popular as well; their nubby, natural-looking texture fits beautifully in bedrooms with naturally based fibres, fabrics and finishes.

Soothing neutral colours are often used for bedrooms, like cream and beige. But bright colours like royal blue can look vibrant, and they work well in children's rooms.


WALLHUGGERS

Wallhuggers can be mounted together to create a headboard, or they can fill part of a wall or even a full wall.

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A bulb-planting primer

Following are tips from the Netherlands Flower Bulb Information Center on planting naturalized bulbs that will come back for years of enjoyment:

Pointy end up

- All bulbs have a top and a bottom, called the basal plate. The pointier end is generally the top. Of course with some small bulbs it's not always easy to tell. For planting, the general rule is "plant the point end up."

The other rule, not quite so catchy, is "basal plate down." It's not too hard to find this flat, usually darker basal plate — it's the part on the bottom of the bulb from which the roots will sprout.

If you're unsure, plant the bulb sideways. Even if you make a mistake, take heart. Bulbs will effectively right themselves underground as their roots tend to pull them into the proper growing position.

WWW.BULB.COM

Naturalized daffodils and muscari bloom year after year.

Feed the bulbs

- Naturalized and perennialized bulbs need food to recharge for the next season's bloom.
- For the first season, either work a good organic compost or well-rotted cow manure into the soil when planting and also "top-dress" or mulch with this material. Or, add compost or peat to the soil for drainage and top-dress with a 9-9-6 NPK slow release or an 8-8-8 or 10-10-10 NPK, fast-release soluble fertilizer (about one tablespoon per square foot).
- What you do next spring depends on what you did in the fall. If you used a slow release method, such as the cow manure or the slow-release NPK, don't do anything. If you used a fast-release fertilizer to support fall rooting, apply a nitrogen-rich fast-release NPK fertilizer in the spring just as the shoots first emerge from the soil, or about six weeks prior to bloom. (Fertilizing at bloom or after bloom can lead to disease issues.)

Whatever method you choose, fertilize again each fall. Frankly, the easiest approach is a once-annual fall application of timed-release bulb food.

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Storage
Store whole squash in a cool, well-ventilated dry place. In ideal conditions, hard squashes can last two to three months. Once cut, wrap in plastic, store in fridge and use within a few days. METRO NEWS SERVICES

Food

"Choose squash that is heavy for its size. Look for hard squash; the skin should be dry and free of cracks or soft spots."
Barb Holland/for Metro Canada

Butternut

When it comes to butternut, the seeds are in the hollow bulb end, so pick one with a small bulb end and a thick neck.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

My gourd! It's squash season

À la carte

Barb Holland
Metro Food Writer

With Halloween on our doorstep, gourds, pumpkins and squashes are at their peak of availability now and through the coming months. Winter squashes come in an interesting and wide variety of size, shape, colour, texture and flavour. They're also wonderfully versatile — in a warming soup; served mashed or roasted; or puréed and used in baking (think pumpkin pie or muffins).

Butternut is a relatively easy squash to peel and has a rich flavour and colour. Winter squashes come in an interesting variety of size, shape, colour, texture and flavour.

Roast Squash, Onion and Garlic Soup

Any squash can be used in this recipe; however butternut is one of the easiest to peel and has a rich flavour and colour. Roasting the squash, onion and garlic brings out a caramelized sweetness. Serve with crusty whole grain bread. Makes about 10 cups (2.5 L), 6 to 8 servings.

INGREDIENTS:
- 1 butternut squash (about 3 lbs/1.5 kg)
- 3 onions
- 1 bulb garlic
- 2 tbsp (30 mL) olive oil
- 1 tsp (5 mL) dried thyme leaves
- 1/2 tsp (2 mL) dried rosemary leaves, crumbled
- Pinch each coarse salt and pepper
- 5 cups (1.25 mL) vegetable or chicken broth

METHOD:
Preheat oven to 375°F (190°C). Peel and cut squash into 2-inch (5 cm) chunks. Peel and cut onions into wedges. Separate cloves of garlic, but do not peel. In large bowl, toss vegetables with oil, thyme, rosemary, salt and pepper. Spread on a large shallow roasting pan and roast 40 to 50 minutes or until vegetables are tender, stirring occasionally.

When garlic is cool enough to handle, squeeze the softened cloves out of their skins. In batches, purée roasted vegetables with broth until smooth. Transfer to a saucepan, and heat until hot for serving. Season to taste with salt and pepper.

Squash tips:
- Prep: Cutting some of the larger squashes can be a challenge. You can soften the skin by placing the whole squash in the microwave for a few minutes to make cutting a little easier. You can bake a whole squash, but it cooks faster when halved. Place cut side down in a baking dish with ½ inch (1 cm) water to keep it moist. Or pierce a squash in many places and cook it whole in the microwave until tender. Cut in half and remove seeds.
- Good for you: Squash are a very good source of vitamins A, C & B6, potassium, manganese, dietary fibre, riboflavin and folate.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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Cocktail party instead?
For a Halloween cocktail party, serve hot soup in 2 oz. shot glasses and top with 1 tsp of cranberry sauce. METRO NEWS SERVICES

Ghoulish feast for your little monsters

Halloween is one of the best times of the year for kids, but parents worry about all that candy! To help satisfy the kids' needs for festive fare while keeping on top of good nutrition, Dairy Farmers of Canada is releasing three spooky, spectacular Halloween recipes. Get these and other fabulous recipes featuring Canadian dairy products at dairygoodness.ca.

DAIRY FARMERS OF CANADA

Thick potato Canadian Cheddar soup suspends the cranberries in the image of an eyeball. Make in advance and serve with a green salad for a spooktacular dinner or lunch.

Bloodshot Eyeball Soup

Canadian White Cheddar and Potato Soup with a Cranberry Swirl.

INGREDIENTS:
- 1 tbsp (15 mL) butter
- 1 clove garlic, minced
- 1 cup (250 mL) chopped onion
- ½ cup (125 mL) chopped celery
- 4 cups (1L) peeled and diced yellow fleshed or oblong potatoes (about 3 large)
- 4 cups (1 L) reduced-sodium chicken stock
- 1-½ cups (375 mL) shredded Canadian old white Cheddar cheese
- 1 cup (250 mL) low fat sour cream (5% M.F.)
- 6 tbsp (90 mL) canned whole cranberry sauce

METHOD:
In large pot, melt butter over medium heat; cook garlic, onion and celery stirring for 3 to 5 min or until onion is softened. Add potatoes and chicken stock; bring to boil, over high heat. Reduce heat and simmer, stirring occasionally for about 10 to15 min or until potatoes are tender.

In a blender, in batches, or with an immersion blender, puree until smooth; return to pot, if necessary. (Make-ahead: Cover and refrigerate up to 2 days.) Stir in cheese and sour cream; heat over low heat until cheese melts.

Spoon 1 tbsp (15 mL) cranberry sauce in center of each shallow bowl and ladle soup around cranberries, not covering so it appears as an eyeball. Serve immediately.

METRO NEWS SERVICES

Breakfast Brain Pudding

This recipe is a delicious twist on classic rice pudding and it is full of nutrients for the kids. Perfect for breakfast.

INGREDIENTS:
- 2 cups (500 mL) water
- 2 sticks cinnamon
- 1 cup (250 mL) quinoa, rinsed well
- 1 tbsp (15 mL) cornstarch
- 1 tbsp (15 mL) granulated sugar
- 1 tsp (5 mL) ground cinnamon
- 1-½ cups (375 mL) 2% milk
- ¼ cup (50 mL) maple syrup
- ¾ cup (175 mL) dried cranberries or raisins
- 1 cup (250 mL) French vanilla yogurt (1% M. F.) or more to taste
- Suggested Toppings: cinnamon sugar, chopped walnuts, dried cranberries, berries and/or diced apples

METHOD:
In medium saucepan, bring water and cinnamon stick to a boil over high heat; stir in quinoa. Reduce heat to low; cover and simmer 12 min or until quinoa is tender. Drain any excess liquid and remove cinnamon sticks; set aside. In small bowl, combine cornstarch, sugar and cinnamon.

In same saucepan whisk milk, maple syrup and cranberries; bring to a boil over medium-high heat. Reduce heat to low; whisk in cornstarch mixture and cook stirring, for about 1 min or until slightly thickened. Stir in quinoa and cook stirring occasionally, for 5 min or until slightly thickened. Refrigerate for 1 hr or until cool. Stir in yogurt. (The pudding will thicken considerably as it cools; add yogurt to desired consistency.)

Serve with suggested toppings.

METRO NEWS SERVICES

DAIRY FARMERS OF CANADA

Milk and quinoa (KEEN-Wah) play the star role in this simple, nutritious breakfast or dessert dish.

DAIRY FARMERS OF CANADA

This simple stovetop recipe can be whipped up as fast as a cauldron of goo and it's the perfect night for something ghoulishly green.

Green and Gooey Macaroni & Cheese

Before all of the frightful sugary treats, fill your little one's bellies with wholesome goodness of Macaroni and Canadian Cheese. While pasta is cooking, make your sauce and assemble when ready to serve. It's just that scarily simple!

INGREDIENTS:
- 3 cups (750 mL) enriched macaroni or other small pasta (6 cups/1.5 L cooked)
- 2 tbsp (30 mL) butter
- 2 cups (500 mL) broccoli florets
- ¾ cup (175 mL) chopped onion
- ½ tsp (2 mL) nutmeg (or to taste)
- 1-½ cup (375 mL) 2% milk
- 1 cup (250 mL) 35% whipping cream
- 2 cups (500 mL) packed spinach or Arugula leaves
- 3 cups (750 mL) shredded Canadian old white Cheddar cheese
- 1 cup (250 mL) freshly grated Canadian Parmesan cheese
- Salt and pepper

METHOD:
In large pot of boiling salted water, cook pasta for 8 min or according to package directions, until tender; drain well.

Meanwhile in a medium saucepan, melt butter over medium heat; cook broccoli and onion until softened, about 3 min. Stir in nutmeg. Add milk and cream; cook stirring often, for 8 to 10 min or until slightly thickened and broccoli is tender.

Stir in spinach and remove from heat. In a blender, in batches, puree until smooth. Stir in macaroni to coat; stir in Canadian Cheddar and Parmesan cheese until melted. Season to taste with salt and pepper. Let stand for 5 min before serving.

METRO NEWS SERVICES

Choo launches its first eyewear line

Luxury brand Jimmy Choo recently launched its first collection of stylish ophthalmic frames and sunglasses. The limited edition collection will be available exclusively at high-end eyewear specialists across Canada. METRO NEWS SERVICE

Style

Umbrella: the essential accessory

An umbrella is probably one of the most important accessories to have when you've just done your hair and/or put on a really great outfit. The umbrella is an accessory you should carry year-round. If you're out looking to buy an umbrella this season look for one that has an aluminum frame — they're lightweight and easy to carry around. From left: Ning Nong, $40, The Bay, Banana Republic, $50, The Umbrella Shop, $80. KIM ELBO/FOR METRO CANADA

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Dressing for black tie

Emulating 007's fashion sense means sticking to convention

RUSSELL SMITH
for Metro Canada

TORSTAR FILE PHOTO

Pull off Bond's chic style with classic touches: small bow tie, fitted single-breasted jacket with one or two buttons, white piqué shirt, cufflinks and peak or shawl lapels.

First, let's get the terminology straight: Bond would never use the word tuxedo. That's an Americanism. He would say "dinner jacket." On an invitation — to an embassy, say, or a casino — it would say "black tie."

And what he means by this is very strict. Even in an age when celebrities interpret black tie to mean any variation on a black suit (long ties, white ties, black shirts, whatever), James Bond would stick to the letter of convention for formal wear. That means classic black, with a small bow-tie. A fitted single-breasted jacket with one or two buttons (no more!). Peak lapels or shawl lapels (the rounded ones), with satin or ribbed silk facing. One black ribbon down the outseam of each trouser leg. The trousers have no cuffs at the hem, nor do they have belt loops — they are held up by suspenders, or by an adjusting self-belt.

Shirt: white piqué — that's the waffle texture, also known as marcella — with a regular turned-down collar. Pleated shirt fronts are falling out of fashion. Your shirt will have studs, not buttons, and the studs will match your cufflinks. (Oh yes, you will have cufflinks). Your shoes — now listen closely, because this is crucial — your shoes must be plain shiny black lace-up Oxfords. James Bond himself probably owns a pair of extra-shiny patent leather shoes just for black tie, but you don't have to.

Should you own a dinner jacket? Of course you should. Renting is absurdly expensive, and the "formal-wear" chains, which focus on weddings rather than on Bond-style dinner parties, tend to push you towards the garish. Start shopping for your tuxedo in January, when the big party season is over and formal wear goes on sale.

If you're not in a high income-bracket, you can skip the high-end retailers like Harry Rosen and Holt Renfrew. Since fashion doesn't influence this outfit much, a plain black dinner jacket from The Bay, or from your local conservative men's store, is perfectly acceptable — and can be found on sale for under $1,000. Designer names are not important in this field. An even cheaper option is to order one online from the Vancouver-based company Indochino (*indochino. com*). They give you instructions on how to measure yourself, you e-mail your measurements in and they have the suit made in Shanghai. And the basic dinner jacket, which is 100 per cent wool, is $325.

• For more Bond coverage, see Rick McGinnis' story on page 20.

Reliable rain gear

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Shop: Old Navy
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oldnavy.com

Classic
Designer: Comme des Garçons
Shop: H&M
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hm.com

Classic Houndstooth
Designer: Sakura
Shop: Mantique
Address: Various Locations
mantique.ca

Style File

Kim Elbo
kim.elbo@metronews.ca

ask kim

I am getting into acting and would like to know what brand of makeup to use on the stage and on camera.

There are brands out there that specialize in makeup for high-definition (HD) TV and stage makeup, but it all depends on the lighting as different brands of makeup have a particular sheen and this may reflect stage or camera lighting poorly. Try Make Up For Ever for HDTV and MAC for their wide variety of colours.

E-mail your style questions to *kim.elbo@metronews. ca.*

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

trench coats

The belted trench coat is always a popular look for fall. Berry colours like reds, blues and purples are in for the season. While plaids and houndstooth patterns are always a classic look that can be worn from season to season. Switch up the belts on your coats for different looks.

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Men rated women wearing red as most sexually attractive in a recent study.

The woman in red drives the men crazy

STUDY If a woman wants to drive men wild, she might want to dress in red.

Men rated a woman shown in photographs as more sexually attractive if she was wearing red clothing or if she was shown in an image framed by a red border rather than some other color, U.S. researchers said Tuesday.

The study led by psychology professor Andrew Elliot, of the University of Rochester in Rochester, New York, seemed to confirm red as the color of romance — as so many Valentine's Day card makers and lipstick sellers have believed for years.

Although this "red alert" may be a product of human society associating red with love for eons, it also may arise from more primitive biological roots, Elliot said.

Noting the genetic similarity of humans to higher primates, he said scientists have shown that certain male primates are especially attracted to females of their species displaying red.

For example, female baboons and chimpanzees show red coloring when nearing ovulation, sending a sexual signal that the males apparently find irresistible.

The study involved more than 100 men, mostly college undergraduates.

REUTERS

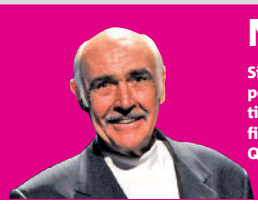
In brief

FILM A new Bollywood film takes a long hard look at India's fashion industry, putting the spotlight on its underbelly of drug abuse, depression and politics at a time when haute couture is making inroads into middle-class homes. Fashion, which opened in cinemas yesterday, comes close on the heels of three high-profile fashion expos in New Delhi and Mumbai, in a fortnight that has seen the country's media obsessed over post-show parties hosted by India's top designers. REUTERS

Moore honoured in France

Sir Roger Moore was awarded one of France's highest honours during a ceremony in Paris Tuesday. The former James Bond star was presented with the Order of Arts and Letters by French Culture Minister Christine Albanel. IMDB.COM

Entertainment



New Quest

Sir Sean Connery has reportedly come out of retirement to shoot a new film with Orlando Bloom, Quest of Sheherzade.

IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Live and let dress

Becoming **Bond**

Rick McGinnis
rick.mcginnis@metronews.ca

There are moments of great luxury in the life of a secret agent," Ian Fleming wrote at the start of Live And Let Die, his second James Bond novel. "There are assignments on which he is required to act the part of a very rich man; occasions when he takes refuge in good living to efface the memory of danger and the shadow of death…"

I'm clearly not taking refuge from danger or death's shadow, but my muscles are still aching from the session at the Krav Maga gym four days ago, so I'm looking at today's Becoming Bond assignment as my brush with that great luxury.

Jeff Farbstein, the executive VP, general merchandise manager at Harry Rosen, meets me at the Tom Ford boutique at the menswear giant's downtown headquarters before the shop opens.

The Bond franchise switched to Ford to clothe Daniel Craig's Bond with the latest film, Quantum Of Solace, after a long relationship with Brioni, the Italian clothier, dating back to Pierce Brosnan's Goldeneye.

Jeff is very kind, describing to me how a good tailor will correct for things like my gut and poor posture by lengthening the back of suit jacket, raising the back of the neck and tightening up the collar. He opens up a closet where they keep the standard size jackets for fittings and slips me into a two-button black suit jacket with a notched lapel and I look in the mirror to discover that I'm 20 lbs. lighter.

"He always looks like he's just got the suit out of the dry cleaners," Farbstein says of Sean Connery's Bond, the unsurpassed prototype.

"Whether he's standing or sitting, he's always fresh — everything always seems perfect." He shows me a beautiful three-piece light glen plaid suit that echoes the one Connery wears for most of the last half of Goldfinger; it's a fine example of what Ford is trying to do with his bespoke line, and it costs $6,000.

Jeff says that someone like Bond would need at least five good suits, a couple of tuxes, two or three shirts for each, and a closet full of shoes and casual wear. I try doing the tally in my head, and it doesn't sound like something you could afford on a civil servant's salary.

Upstairs, Nello Sansone, Harry Rosen's master tailor, describes to me how he's cut suits for police officers, subtly adding room to the chest and armhole to accommodate the shoulder holster and gun, a process not dissimilar from designing a suit for a man with a thick wallet.

TONY ATTANASIO PHOTO

Nello Sansone, master tailor for Harry Rosen, makes alterations on a Canali tuxedo worn by Metro writer Rick McGinnis at a fitting at the Harry Rosen store in downtown Toronto.

He slips me into a very Bond-like Canali tuxedo for a fitting — the sort of thing Bond would wear to a casino or embassy reception. Once again, the 20 lbs. have miraculously disappeared. The tux costs $2,000, and the added shirt, tie, shoes, pocket square and other accessories bring it up close to three grand, but I'm looking at myself in the mirror, slimmer, straighter, taller, and I'm already making excuses to justify the expense, even if I'm reduced to wearing it to parent-teacher interviews.

MORE ON BOND STYLE, PAGE 18

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– Sara Bareilles

Funnyman cries like a baby

Funnyman Mike Myers realized the power of his infamous impersonations after a recent performance for sick children at the Rusk Institute in The Bronx, N.Y., left him "crying like a baby." IMDB.COM

Not quite kicking butt

AlbumReviews

music@metronews.ca

Pink

Album: Funhouse
Label: Sony BMG
Rating: ⊕⊕⊕

WE'VE ALWAYS BEEN able to rely on Pink to keep the rest of the corporate pop stars honest. She turned both barrels on them with Stupid Girls. Now she does the same thing to herself with So What, lead single off Funhouse. The marriage breakup with Carey Hart seems to have left her vulnerable. It works surprisingly well on I Don't Believe You (which is believable), but fails on Please Don't Leave Me (which isn't). The feisty in-your-face Pink returns on Bad Influence and the title track, Funhouse. But there's just not enough of that old attitude. Come on, Pink, get over it. Time to kick some butt out there.

Graham Rockingham/for Metro Canada

Pink's new album, Funhouse, is now available in stores.

Bloc Party

Album: Intimacy
Label: Atlantic/Warner
Rating: ⊕⊕⊕½

BLOC PARTY SHOWS a lot of range on its this album. In the case of vocalist Kele Okereke, sometimes a little too much range. With a thick British accent, he can sound like a whinier Andy Partridge of XTC. But when he stays mid-range, Okereke delivers heartfelt, intimate vocals. Don't be fooled by the raucous kick-off track Ares: Intimacy is a personal, introspective album.

Jim Reyno/Metro Canada

Eva Avila

Album: Give Me the Music
Label: Sony BMG
Rating: ⊕⊕⊕

OUR CUTE LITTLE Canadian Idol has turned into a dance club seductress. Yeah, they've made her look like all the other pop stars. And guess what? She sounds like them too. I dare anyone to pick this voice out of a lineup. But it's not easy to scratch out a place for yourself when you've got an army of songwriters to do it for you. There's talent here. Let it breathe.

Graham Rockingham/for Metro Canada

John Legend

Album: Evolver
Label: Columbia/Sony BMG
Rating: ⊕⊕

IT'S CLEAR WHEN you hear Evolver — John Legend's latest — that the neo-soul pianist is trying to well, evolve. But while this record is a departure from Legend's previous efforts, it's more of a step back than a leap forward.

The crooner's third full-length is filled with more upbeat R&B synth tracks and guitar riffs, which could have been interesting if only they weren't so bland.

There's barely an infectious chorus here, and cliché lyrics about his ex on This Time will make you long for the usually thoughtful singer's back catalogue.

Bryan Borzykowski/for Metro Canada

Read CD reviews of Lordi, Snow Patrol, Kaiser Chiefs and Kenny Chesney at metronews.ca/music

Imported TV trashed

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

FOREIGN AFFAIRS: As the writers' strike dragged on over the course of last winter, the networks made a big deal out of looking abroad for ideas for the fall season, citing examples such as NBC's adaptation of The Office as proof that a good story was a good story.

That hasn't worked out so well, according to a story in the Hollywood Reporter. With the cancellation of The Ex List by CBS, it looks like other underperforming foreign imports might be following this transplant of an Israeli comedy-drama into the dustbin of history.

Eleventh Hour and Life On Mars have done middling basis airing against each other on Thursday night, and CBS' Worst Week has been losing 40 per cent of the viewers it inherits from Two And A Half Men on Monday.

There's a hint of optimism in slow but notable improvements in Eleventh Hour's rating, and good reviews for Worst Week and Life On Mars, and CTV's Flashpoint even gets a pat on the head for its brief summer slot on CBS, and a likely return as a midseason replacement. All is not lost for the lawyers who were looking forward to more business negotiating acquisition of foreign rights, but the primetime transplants are still regarded as wan and sickly even next to this season's very qualified successes — shows like Fringe, The Mentalist and 90210.

Rick McGinnis writes about music, movies, books and television

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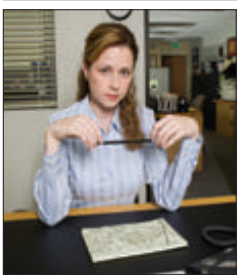
VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/30/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (N) (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Kath & Kim	The Hills Have Eyes ★★ (2006) Aaron Stanford. Premiere.				News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	etalk (CC)	Dance	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N) (CC)		ER "Haunted" (N) (CC)		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Smallville "Identity" (N) (CC)		Supernatural (N) (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Gabon (N) (CC)		The Office (N)	Billable Hours	(:01) Life on Mars (N) (CC)		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Hole in the Wall (CC)		America's Next Top Model		(:01) Eleventh Hour "Savant"		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty "Ugly Berry" (N)		30 Rock	30 Rock	Friends (CC)	Friends (CC)	Realty TV
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Identity" (N) (CC)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Gabon (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) Eleventh Hour "Savant"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Kath & Kim	The Office (N)	(:31) 30 Rock	ER "Haunted" (N) (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Real Est	Love It-List It
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty "Ugly Berry" (N)		Grey's Anatomy (N) (CC)		(:01) Life on Mars (N) (CC)		News (N)
	-	-	23 KVOS	M*A*S*H	Seinfeld	Darkness Falls ★★ (2003) Chaney Kley, Emma Caulfield.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Ask This Old	Baseball (Part 6 of 9) (CC) (DVS)					Currier	Spain
	290	382	28 FOX	MLB Baseball: World Series		Cops (CC)	King of Hill	King of Hill	Family Guy	News (N) (CC)		Family Guy
	-	364	48 PBS	Spain ... On the Road Again		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Hometime
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Smallville "Identity" (N) (CC)		Supernatural (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	63 STR	News (N)	News		Late Show-Letterman		(:37) Life on Mars (N) (CC)		Late Late Show	
news	502	390	29 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball: World Series Game 7 -- Phillies at Rays				Sportsnet Connected (Live)		Sportsnet Connected		Sportsnet
	400	400	30 TSN	CFL Football	SportsCentre (Live) (CC)			UEFA Champions League		Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Pilot Guides Specials (CC)		Pilot Guides (CC)		Don't Forget Your Passport		Commando: On the Front Line		Survivorman
	410	403	54 SCR	Football	Score Tonight	Score Tonight		Final Score	Final Score	Sports Rage		Final Score
	417	406	55 SC	Wrecked (N)	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144 GLF	Extra Time		Gol TV News		Extra Time		Gol TV News		Extra Time
family	552	543	25 YTV	Charlie Brown	Garfield	Sabrina-Witch	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	Planet Sketch	Ghosts	Ghosts	6teen	Total Drama	Futurama	The Critic	Chicken	Code
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Leading Edge	Big Ideas	Himalaya With Michael Palin		Art of the Heist (N) (CC)		Frank Lloyd Wright (CC)		Kidfluence
	575	583	20 CMT	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Greek (CC)		Muchmusic Countdown (CC)			Pimp My Ride	Legally Blonde (CC)		Spotlight
	600	564	26 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	61 A&E	Jacked: Theft	Jacked: Theft	Crime 360 (CC)		The First 48 (CC)		The First 48 (CC)		Jacked: Theft
	628	584	62 SPKE	(6:00) TNA iMPACT! (N) (CC)		MANswers	MANswers	MXC (CC)	MXC (CC)	Married... With	Married... With	Scream 2008
	521	560	64 TLC	LA Ink "Cover Girl" (N) (CC)		American Chopper (CC)		LA Ink "Cover Girl" (CC)		Overhaulin' "All in the Family"		LA Ink (CC)
	616	522	63 SHO	Painkiller Jane "Lauren Gray"		ReGenesis "The Cocktail"		Trailer Park	Trailer Park	Saving Grace (CC)		House "Ugly"
	620	523	40 BVO	(6:00) Naked Lunch ★★★		Law & Order "Hate" (CC)		Without a Trace (CC)		Naked Lunch ★★★ (1991) Peter Weller.		
	601	562	41 SLC	The Biggest Loser (CC)		Rich Bride, Poor Bride (CC)		X-Weighted "Jen" (CC)		The Biggest Loser (CC)		Trading Sp
	520	505	42 DIS	MythBusters "Blind Driving"		Daily Planet (CC)		Monster Moves (CC)		Investigation X (CC)		True Stories
	522	506	44 HIS	NCIS "Reveille" (CC)		Lost Worlds (CC)		Chasing Warbirds (CC)		NCIS "Reveille" (CC)		Crime Stories
	627	528	45 SPC	Chuck (N) (CC)		Stargate SG-1 "The Quest"		Lost "... And Found" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	57 TBS	The Honeymooners ★★ (2005) Cedric the Entertainer. (CC)				Sex and-City	Sex and-City	(9:55) The Honeymooners ★★ (2005) (CC)		
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Make	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	62 FN	Jamie's Kitchen Australia (N)		Restaurant Makeover (CC)		Challenge Candy castles.		Unwrapped	Secret Life of	Jamie
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Choc. News	Daily Show
	320	621	60 CEN	(6:30) Between Truth and Lies		All Hat (2007) Keith Carradine. Premiere. (CC)		There Will Be Blood ★★★★ (2007) Daniel Day-Lewis. (CC)				
	581	566	101 MTV	True Life "Native" living.		MTV Live	After	Man and Wife	The Hills	True Life "Native" living.		MTV Live
	261	394	102 V	(6:00) The Wizard of Oz (1939)		Emily of New Moon (CC)		The Wizard of Oz ★★★★ (1939) Judy Garland. (CC)				Paid Program
	-	-	105 MUL	Matchmaker	Mom's-Upset	Vancouver	Kirdaar	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics'corner

The Office

Does Halloween count as a casual Friday? Pam (Jenna Fischer) is embarrassed when no one else at corporate wears a costume on Halloween — although there is a chance they're all dressed as party poopers. Meanwhile, Holly (guest star Amy Ryan) and Michael (Steve Carell) take a long trip to Nashua after they get some shocking news from corporate. Then Dwight (Rainn Wilson) tries to get under Andy's (Ed Helms) skin in "Employee Transfer." 9 PM on NBC GTV



My Name Is Earl

Somebody check the candy for foreign objects and conjured spirits. While Earl (Jason Lee) is busy planning a Halloween party for Dodge and Earl Jr. (Louis T. Moyle, Trey Carlisle), Randy (Ethan Suplee) befriends Catalina's (Nadine Velazquez) visiting nephew and learns that the child may be capable of conjuring dark magic. Then again, Randy is normally in the dark. Jaime Pressly and Eddie Steeples also star. 8 PM on JOY NBC

Singer Messina to have son

Country singer Jo Dee Messina and her husband Chris Deffenbaugh are expecting their first child, a boy. Messina is in her third trimester — she is due in December. **PEOPLE.COM**

Celebrity Buzz

Britney's dad in control

LEGAL Britney Spears' father, Jamie, has been named permanent conservator of his daughter's affairs, a Los Angeles court has ruled.

He was also named permanent co-conservator of her estate, along with an attorney, Andrew Wallet, on Tuesday, People.com reports.

"I've met several times with (Britney) and she requested that I not object to the permanent conservatorship," the singer's court-appointed lawyer Samuel Ingham said in open court.

Commissioner Reva Goetz stated the permanent conservatorship was "necessary and appropriate."

Experts say, however, the permanent status doesn't necessarily mean forever.

A source close to Spears concurs, saying, "This is by no means something that's going to last forever. The conservatorship being made permanent in name is primarily to ensure increased time with her children, and provide support for her music and work goals."

Terry K. Wasserman, a mental health lawyer not involved with this case adds, "Ms. Spears can regain control of her life anytime — as long as her doctors feel she's able to manage her own affairs."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Joaquin to quit acting for music

CAREER Oscar winner Joaquin Phoenix is retiring from Hollywood, at the age of 34, imdb.com reports.

The actor will instead focus on his budding music career.

"I'm not doing films anymore," Phoenix told Extra. "I'm working on my music. I'm done. I've been through that."

His representative confirmed the news, saying, "That is what he told me."

Phoenix's brother-in-law, actor Casey Affleck, added Phoenix is for real: "I don't think he's kidding. He's got music and stuff."

Phoenix's vocal skills were applauded in 2005 when he recorded the soundtrack for the Johnny Cash biopic Walk The Line. His efforts won him a Grammy award, and he is now working on an album with British rocker Tim Burgess from The Charlatans.

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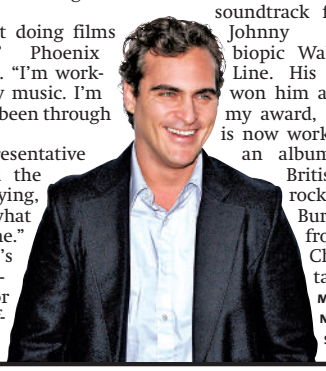


celebrity brief

Gwyneth tops worst duet poll

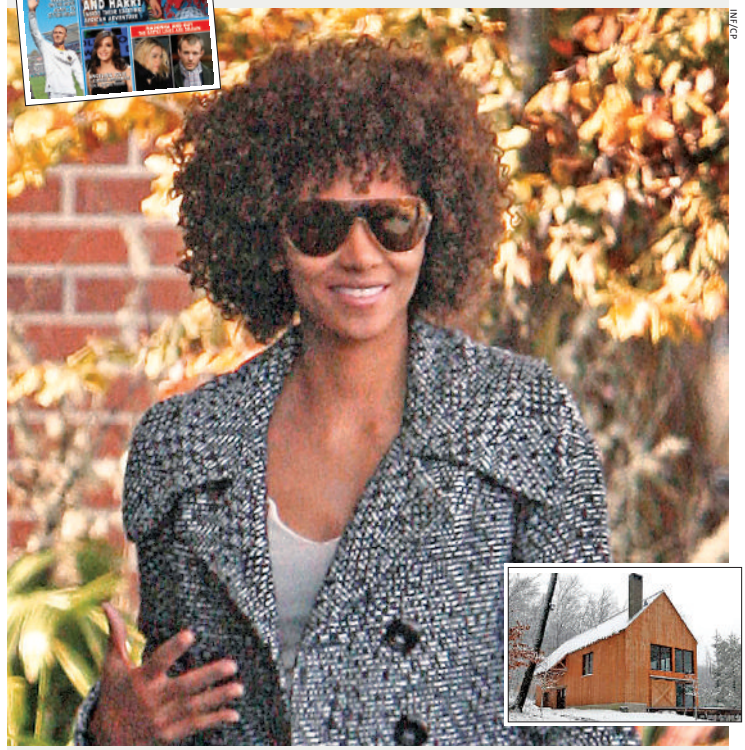
SURVEY Actress Gwyneth Paltrow and singer Huey Lewis' rendition of Cruisin' in the 2000 movie Duets has been voted the worst vocal collaboration of all time, by an online music magazine Spinner, femalefirst.co.uk reports.

The pair played karaoke champs in the film.

Paula Abdul's pairing with MC Skat Kat for Opposites Attract was named second worst, followed by Sir Paul McCartney and Michael Jackson's The Girl is Mine.

METRO NEWS SERVICES

HELLO! Hot shot of the week



INF/CP

The prospect of a Canadian winter hasn't deterred actress Halle Berry from purchasing property north of the border, inset. Berry — seen shopping at a Vancouver Whole Foods store on Sunday — and her Montreal-born model beau Gabriel Aubry have bought a million-dollar retreat in Quebec's Laurentian Mountains, where they can cosy up against the elements with seven-month-old daughter Nahla.

HELLO! CANADA magazine, now available on newsstands — read more at hellomagazine.ca

Colin reveals pain at movie flop

PEOPLE Actor Colin Farrell has opened up about box-office blunder Alexander four years after its release, saying he's just getting over his disappointment at the movie flop, imdb.com reports.

Farrell played the ancient Greek conqueror in the 2004 movie.

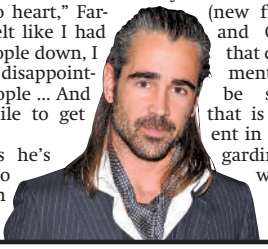
The film made a mere fourth of its reported $155 million US budget at the U.S. box office, adding to Farrell's stress from movie critics who were disappointed with his performance.

"I took it to heart," Farrell says. "I felt like I had let a lot of people down, I felt like I had disappointed a lot of people ... And it took a while to get over that."

Farrell adds he's just starting to recover from the backlash.

"I probably got a bit disillusioned after that. I think only in the last couple of years starting with (new film) Pride and Glory has that disillusionment ceased to be something that is still present in my life regarding the work."

METRO NEWS SERVICES



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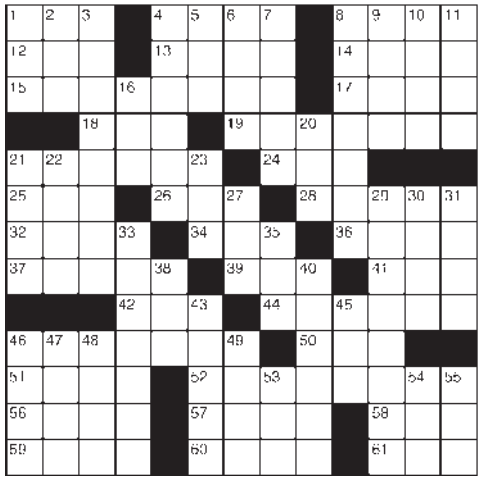

Crossword across

1 Vacationing
4 Weapon handle
8 Major leagues
12 Carnival city
13 Look lecherously
14 Norway's capital
15 Bully
17 Revolution period
18 Bill
19 Come before
21 Talcum, e.g.
24 In an earlier time
25 "— not choose to run"
26 Long sandwich
28 Different
32 Belgrade resident
34 Wrigley product
36 Domesticate
37 Inquired
39 Petrol
41 Zero
42 Melody
44 Gaudy
46 Stunt double, e.g.
50 "Of course"
51 Flock youngster
52 MySpace alternative
56 Neighborhood
57 Pinocchio, at times
58 X-ray descendant
59 Designer Vera
60 "Desire Under the —"
61 Chow down

Crossword down

1 Scepter topper
2 Christmas tree, often
3 Adroit maneuvering
4 Calvin's companion
5 Time of your life?
6 Envelope feature
7 Aquarium favorite
8 Refuse to buy
9 "Gotcha"
10 Pleased
11 Angry
16 Bankroll
20 Freudian concept
21 Tower city
22 Pindaric works
23 Bad hairpiece
27 Annoy
29 Attractive
30 Eastern bigwig
31 Depend (on)
33 Pellet-filled chair
35 Wrestlers' surface
38 Accomplished
40 Lord Wimsey's creator
43 Soldier's arm
45 Symbol of intrigue
46 Cabbage salad
47 The O'Hara estate
48 Congregation's cry
49 Manicurist's concern
53 Rotating part
54 Man-mouse link
55 Set of equipment

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1		4		3		9	
4								2
		7		9		6		
	7	3		2		1	8	
	9			8			2	
	2	5		1		9	6	
		8		4		5		
9								8
	4		8		7		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	6	4	8	3	7	1	2	9
3	7	9	1	2	5	6	4	8
2	8	1	6	4	9	7	5	3
4	5	8	3	1	2	9	6	7
7	1	2	9	6	4	8	3	5
6	9	3	7	5	8	2	1	4
1	3	7	4	8	6	5	9	2
9	4	5	2	7	1	3	8	6
8	2	6	5	9	3	4	7	1

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Sweet Potato Soup

INGREDIENTS:
2 tbsp (25 mL) olive oil
2 cloves garlic, minced
1 large onion, chopped
1 red bell pepper, seeded and chopped
1 tsp (5 mL) ground ginger
1 tsp (5 mL) allspice
4 cups (1 L) low-sodium vegetable or chicken broth
2 large sweet potatoes, peeled and cut into 1-inch (2.5-cm) pieces
1 can (19 oz/540 mL) diced tomatoes
1/2 cup (125 mL) natural peanut or almond butter
1 package (16 oz/450 g) frozen shelled edamame
5 oz (150 g) baby spinach

METHOD:
1. Heat oil in a large saucepan over medium-high heat. Add garlic, onion and bell pepper and cook until lightly browned, 5 minutes. Add ginger and allspice and cook for 1 minute.
2. Stir in broth, sweet potatoes and tomatoes and bring to a boil. Reduce heat to low, cover, and simmer until potatoes are just tender, 15 minutes.
3. Place peanut butter in a small bowl. Whisk in about 1 cup (250 mL) of the simmering broth. Return to the pan and add edamame and spinach. Cook until edamame is cooked through, 10 minutes.

SERVES 6

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For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!
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Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Noble people are defining their boundaries. Deceit causes awareness of distress. A standard approach isn't necessary for a project.

TAURUS
APRIL 21-MAY 21
There'll be talk about not getting credit. Varied options are difficult for an inattentive person. An elder comes to the forefront of a discussion.

GEMINI
MAY 22-JUNE 21
A man makes an effort with bonding. Comforting a friend brings you good luck. You won't insist on following the rules.

CANCER
JUNE 22-JULY 22
A show-off gets spiteful due to frustration. A stranger offers a little sympathy. Talking about a bad boy is more fun than it's worth.

LEO
JULY 23-AUG 23
Not everyone is upset about someone's anxiety. Your friendship isn't taken for granted. A lively friend boosts your confidence.

VIRGO
AUG 24-SEPT 22
A subdued celebration will take place. A sympathetic person wants the right to remain silent. Be doubtful when you see undue diligence.

LIBRA
SEPT 23-OCT 23
Someone's behaviour is unnerving. A phone call is not as good as you expected. A buddy makes the best of a crisis at work.

SCORPIO
OCT 24-NOV 22
A train of thought evokes tender memories. Refuse to take sides while chaos rules. You'll develop a guilty conscience about a lie.

SAGITTARIUS
NOV 23-DEC 21
Speak up about honesty and trust. A relationship takes on special significance. Security issues are increased with an appealing person.

CAPRICORN
DEC 22-JAN 20
Try different tactics when a meddler refuses to listen. A poor decision is made in the heat of the moment. You'll cheer for a friend's deeds.

AQUARIUS
JAN 21-FEB 18
Keep an open mind, but don't forget insulting behaviour. An enemy causes laughter with a silly remark. Avoid people who may not be sincere.

PISCES
FEB 19-MARCH 20
A game player regrets what was said in anger. An old friend has scary news to share. Scrutinize the attention coming from a hermit.

This day in history

OCT. 30, 1831: In Southampton County, Virginia, escaped slave Nat Turner is captured and arrested for leading the bloodiest slave rebellion in United States history.
OCT. 30, 1944: Anne Frank is deported from Auschwitz to the Bergen-Belsen concentration camp.
OCT. 30, 1961: Because of "violations of Lenin's precepts," it is decreed that Joseph Stalin's body be removed from its place of honour inside Lenin's tomb and buried near the Kremlin wall with a plain granite marker instead.
OCT. 30, 1995: Quebec sovereignists narrowly lose a referendum for a mandate to negotiate independence from Canada.
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